

Quick braised cod and mussels with white wine, fennel, and nicoise olives

2(6-ounce) pieces cod fillet, skinned
salt and pepper
3 tablespoons extra virgin olive oil
½ cup fennel bulb, cored
12 mussels, scrubbed and debearded
¼ cup white wine
15 nicoise olives, pitted
4 cherry tomatoes, halved
2 tablespoons fresh basil, thinly sliced
Special equipment: 2 (6-inch) gratin dishes

Preheat the oven to 450 degrees F. Season the cod fillets with salt and pepper on both sides. Brush the olive oil over the inside of each gratin dish. Slice the fennel paper thin on a mandoline and spread the slices over the bottom of each gratin dish. Place a cod fillet on top of the fennel in each dish and distribute the mussels evenly around the fillets. Pour the wine evenly over each dish and distribute the olives evenly. Wrap each dish in aluminum foil and bake until the fish is completely opaque and the mussels have opened up, about 15 minutes. Carefully remove the foil and distribute the tomatoes and basil on each dish. Serve immediately.

Yield: 2 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Inactive Prep Time: none

Ease of Preparation: easy

Thank you for using our recipes, we hope you enjoy it.

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